

Where else can I get help?

Some Community Service Offices have domestic violence advocates working there to help you. These people are experts on domestic violence and can help you think about all your choices, plan for your safety, and connect you to a variety of other resources in your community.

To find your local domestic violence advocacy program, you can call the toll-free Washington State Domestic Violence Hotline at 1-800-562-6025.



 Washington State
Department of Social
& Health Services
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Open
the door



to a brighter tomorrow

Help for victims
of domestic violence

Is someone hurting you or have you been hurt?

Are you afraid of your partner, ex-partner or family member?

There are people who will help you plan for your safety. They will help you find a safe place to stay, get counseling and legal support. They will also help you take any other steps to achieve independence and help you succeed.



We understand that many people live with domestic violence and we care about helping to keep families safe. When you apply for Temporary Assistance for Needy Families (TANF), we will ask you some questions to see if domestic violence is an issue for you or your family.

PLEASE NOTE: You can decide whether or not to tell us about your experience with family abuse or violence. You can talk to us about family violence at any time.

What is Domestic Violence?

Domestic violence means that a partner or family member uses a pattern of controlling and abusive behaviors against the other partner or family members. These abusive behaviors can be emotional, sexual, physical or economic. Some examples are:

- Repeatedly putting you down, calling you names, or embarrassing you.
- Keeping you from contacting your family or friends.
- Controlling your access to money.

- Threatening to hurt you, your children, your pets or your things.
- Physically abusing you.
- Pressuring you about sexual matters.
- Stalking you.
- Stopping you from getting or keeping a job.

How Can We Help?

If domestic violence is an issue for you and you are concerned about meeting your WorkFirst requirements, talk to your case worker or social worker. We may be able to:

- Excuse you from job search or employment requirements.
- Excuse you from collecting child support (called “good cause”).

If you choose to tell us about family violence we can include activities in your Individual Responsibility Plan (IRP) to keep you and your family safe, such as:

- Attending counseling and support groups.
- Seek legal support and advocacy.
- Safety planning.

We know that domestic violence can interfere with your ability to be financially stable, and we want to help you in any way we can.

You and Your Family are Important to Us

We have policies in place to protect the information you tell us. If you are concerned about what happens to any information you give us, please talk with your WorkFirst case worker, social worker, or a domestic violence advocate before sharing sensitive information.

If you tell us that any children are being abused, we are required to report the information to Division of Children and Family Services (CPS) or a law enforcement agency. (RCW 26.44.030(4))